



OFFICE OF THE MAYOR MIAMI-DADE COUNTY, FLORIDA

ALEX PENELAS
MAYOR

FOR IMMEDIATE RELEASE
March 24, 2004

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MAYOR'S HEALTH AND FITNESS CHALLENGE SPONSORS MIAMI BEACH FITNESS WALK TO "SHAPE UP" RESIDENTS

**PARTICIPATION IN THE WALK GRANTS YOU A FREE ONE-TIME
ADMISSION PASS GOOD ON ANY DAY OF THE FESTIVAL**

The Mayor's Health and Fitness Challenge will host the Miami Beach Fitness Walk on Saturday, March 27th as part of the activities of the Miami Beach Fitness Festival. Those who participate in the walk, which will begin at 5:00 PM, will be granted **FREE** admission (a \$12 value) to the 6th Annual Miami Beach Fitness Festival, which runs from Thursday, March 25th to Sunday, March 28th.

The Miami Beach Fitness Walk, like all Mayor's Health & Fitness Challenge presentations, is FREE and open to the public.

Sponsored by the Health Foundation of South Florida, Mercy Hospital and Kelloggs, the Mayor's Health & Fitness Challenge is a yearlong initiative that provides free health fairs and screenings, nutritional cooking classes and a series of physical fitness events. For more information, visit www.mayorchallenge.net or call (305) 375-3333

WHAT: Mayor's Health and Fitness Challenge
Miami Beach Fitness Walk

WHEN: Saturday, March 27, 2004 5:00 PM

WHERE: Lumus Park at 8th Street and Ocean Drive